Peace of Mind.To me nothing is more important than peace of mind.Doing what we love and living happily and jofully is the single most important thing in life.But at times it is inevitable to escape certain circumtances which makes us to look life in a negative way.In such times the quote from Buddha "This too shall pass" helps me a lot.Well,that "quote" also holds true for cheerful times as they to pass.This is the ultimate truth of life .Everything irrespective of good or bad shall pass.So being attached to something or someone is definitely going to cause suffering.As Buddha said "All life is Suffering" and "Desire is the cause of Suffering".After all life is short.So doing the things one loves and embracing death with no regrets is the best way to live.